



WORKING WELLNESS

Good Health is Good Business

JUNE
2014

NEW EAP PROVIDER

is...

Cataract
Awareness
Month

National
Aphasia
Awareness
Month

National Safety
Month

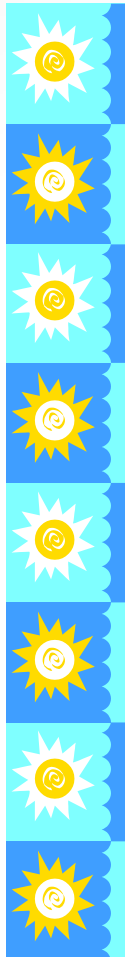
With

Men's Health
Week

National
Cancer
Survivor's Day

World Sickle
Cell Day

For more
information on these
observances or
future observances,
go to U.S.
Department of
Health and Human
Services at
<http://healthfinder.gov/NHO/nho.aspx>



Providing:

Employee Assistance Program Services



Marital Problems • Family Relationships • Personal Growth
Emotional Problems • Work Problems • Stress & Depression
Alcohol & Drug Dependency • Legal & Financial Matters
Living With Anxiety

NATIONWIDE 24 HOUR ACCESS
1-877-747-1200

Wednesday June 4th - Murray Nelson Govt. Center in Key Largo

Thursday June 5th - Marathon Govt. Center in Marathon

Friday June 6th - Harvey Govt. Center in Key West

Managers & Supervisors Orientation (New & Improved EAP Services)

9:00-9:45am Or 1:30-2:15pm

- Program Overview
- Identification, referral & intervention
- Needs Assessment
- Employee Training Opportunities
- Q & A

Employee Orientation (New & Improved EAP Services)

10:15-11:00am Or 2:30-3:15pm

- Program Overview
- WIIFM
- Needs Assessment
- Training Opportunities
- Q & A



SPOTLIGHT OF THE MONTH: NEW EAP PROVIDER



What Is An Employee Assistance Program (EAP)?

Everyone encounters problems from time to time. Sometimes we can solve them alone; other times we need help. We tend to be blind to the problems we have making it difficult to know when we need help. That's where an EAP can provide the right kinds of guidance to solve personal and work-related problems.

How Can Your EAP Help You?

You and your household family members are encouraged to make use of the Quantum EAP. The program is offered to you at no cost, provides confidential counseling, and information services. Help is available through:

Telephone Assistance and Information

Problem Assessment

Individual & Family Appointments

Goal Oriented Counseling

Referrals when Needed

Coordination with Medical Benefits

The program is staffed by experienced healthcare professionals who are trained in helping you solve problems quickly and efficiently. All of us at Quantum are committed to helping you in a competent and sensitive way.

Is Your EAP Confidential?

When speaking with a Quantum professional regarding personal issues, it's important to know that your confidentiality is protected. Any information that is shared will not be communicated to anyone else for any reason without your written permission.

How Do I Access Services?

Your first step is taken by calling the toll-free number— 1-877-747-1200. Quantum provides a national network for in-person services. Appointments are scheduled based on your availability. We are available 24 hours a day.

Call for CONFIDENTIAL HELP ...
NATIONWIDE 24 HOUR ACCESS 1-877-747-1200

CONSUMER CORNER

COMMENTS-CONCERNS?

The Group Benefits office is committed to providing you with quality customer service.

Please let us know if you have had good, bad, or ugly experiences with the benefit vendors. The vendors are:

- Florida Blue for health insurance
- Envision for prescription insurance
- United Concordia for dental insurance
- VSP for vision insurance



Vendor relations are an important part of the selection process and we need your help to ensure that our vendors provide quality services.

** Contact any member of our team at 305-292-4446.*

SPECIAL OPEN ENROLLMENT- DENTAL OPT-OUT June 1st through June 13th, 2014

During this **Special Open Enrollment** employees can cancel their **dental coverage only**. Participants wishing to opt-out of dental plan, must complete, sign and return a **Special Open Enrollment Dental Opt Out 2014 Form** to the Employee Benefits Office no later than **June 13, 2014**. **Changes will become effective July 1, 2014.**

If you have any questions or need a Special Enrollment Form; please contact us immediately @ 305-292-4446.

To search in network click on the link below:

<https://www.unitedconcordia.com/find-a-dentist/>



(FYI Dr. Guzman is out of network effective July 1, 2014 and Dr. Harris is out of network effective July 14, 2014).

COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.



"There's no excuse for not following safe procedures or wearing Personal Protective Equipment"

Excuses, Excuses

What excuse have you used or heard for not following safe procedures or wearing PPE?

Here are some of our favorites:

- "I left my safety glasses in the truck. I'm almost done anyway."
- "It's too hot to wear that PPE. I'll be busy thinking about trying to cool off and then I'll get hurt."

- "We never have any major injuries. You have to expect the minor ones."
- "I know what I'm doing. I've been doing this for years and never had a problem."
- "We don't have time for all that. We need to get the job done."
- "The way we do it is not that dangerous."

- "No, I didn't check. I'm sure it's locked out. Besides, everyone gets a little shock once in a while."
- "I'll follow the safety procedures when everyone else does."

And, our favorite excuse of all:

- **"It's part of the job."**
- What's your excuse?

Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

A word from the Safety Officer

June is National Safety Month

The National Safety Council is taking this opportunity to focus attention on four important Workplace Safety Topics:

1. Prevent Prescription Drug Abuse

Prescription drug abuse causes the largest percentage of deaths from drug overdosing. Of 22,400 drug overdose deaths in 2005, 38% involved the use of prescription painkillers.

2. Stop slips, trips and falls

These incidents remain one of the major causes of injuries for Monroe County employees.

3. Be aware of your surroundings

Sounds simple, but this is probably the most common phrase used by Supervisors when explaining how to prevent workplace injuries.

4. Put an end to Distracted Driving

For the second consecutive year, Monroe County is partnering with FDOT in its' "Put It Down" campaign to raise awareness of the dangers associated with texting while driving.